



SUPPORTING MALE MENTAL HEALTH

147 DIBDALE ROAD
DUDLEY
DY1 2RR

Tough Enough To Care - Report

Tough Enough To Care was founded in 2019 follow the loos of 2 friends to suicide within 4 days of each other. We became a registered charity in January 2020 and since then, we have grown from strength to strength, giving men a safe & non-judgemental space to be comfortable in opening up about their mental health. These safe spaces are weekly peer support groups, where men can take strength in the knowledge that they are not alone in their struggles. We also deliver free mental health training to non-profit organisations, grass roots sports clubs and community groups, ensuring members within the community understand how to support one another through their toughest times. Our support groups are open to any ,man aged 18+ and we have a vast array of men who attend our groups. The training sessions and our online support is open to anyone struggling with their mental health and if we feel they could be support better by another organisation, we do not simply signpost them over, we actually help to make the introductions to other services until the person in question feels comfortable.

To date, our charity has had a positive impact on over 3,500 people who have received either free training, mental health support or both. We also have a vehicle called the 'Tough Truck' which is used to attend public events to create positive conversations about mental health and is also used to respond to people in crisis, using real time information relayed by trained volunteers to support people as quickly as possible. To date, we have physically intervened in 18 suicide attempts, all of which have had successful outcomes and we continue to support these people today.

Since receiving your kind funding, we have continued to offer further free training sessions, launch a free 24hr text support service, attend public events to offer mental health support and we are also in the process of setting up our 6th peer support group for men aged 18+.

Please find some anonymised feedback of our services and pictures attached alongside this report.

Kind regards,

**Stu Bratt
Founder & CEO
Tough Enough To Care**

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www.toughenoughtocare.org

Registered Charity: 1187404



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Tough Enough To Care - Feedback

Support group users:

"I have now been attending for 6 months and i can honestly say, this group has stopped me from going into a dark place that i may never have come out of!"

"Just brilliant, this group is my family, they are like brothers to me."

Free training attendees:

"After speaking to the guys at a recent rugby event, i booked them to deliver training to some of my employees, the training was fantastic and i think it has really helped at work."

"As a volunteer at my club, we rarely get access to this sort of training but this will help so much around the club for all of our members."

"Absolutely bloomin' brilliant, thank you for your time."



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